

# LIFESTYLES

HAWAII MARINE B SECTION

APRIL 15, 2005

## Surf story

### Marines conquer stress one wave at a time

**Story and Photos By  
Pfc. Roger L. Nelson**

*Combat Correspondent*

Marines are known to be hard workers. In most cases, they will work from sun up to sun down and, some still find time and energy to engage in exhausting hobbies.

Lance Cpl, Aaron D. Banks, traffic management specialist, Traffic Management Office, MCB Hawaii, Kaneohe Bay, is one of those who have the energy to do more than his job. According to Banks, being a full-time Marine isn't enough. This motivated Marine is taking on the challenge of learning to surf.

"I've been stationed in Hawaii for almost four months, and all I see are people surfing or getting ready to surf," said Banks. "It seemed like a fun hobby to do and will help keep in shape, so I decided to see how it was."

Hawaii is known worldwide for having some of the biggest and most difficult waves to ride. The surfing here can also be very dangerous, for several reasons, a few being the lava rock and coral that line the shore, forcing swells to break in very shallow water.

Waikiki is one of the most popular places in Hawaii for beginners to go when learning to surf. The waves there are not as large and the sea is not as powerful as other surfing spots around the island as they are on the North Shore during the winter months.

"I don't plan on surfing in any dangerous areas, until I get comfortable with smaller waves," said Banks. "I tried surfing in Waikiki, but still ended up hitting rocks because the waves break so shallow."

Banks said that it is not only the risk of landing on sharp rocks that he is afraid of — he's also afraid of sharks.

"I hear about people getting bitten by sharks all the time," said Banks. "It just seems like all the deadly or worst shark bites are always from Hawaii. I think about that, and I figure I have a better chance of

getting struck by lightning than being bit doing this hobby."

According to Lance Cpl. Mark Raymond, traffic management specialist, TMO, MCB Hawaii, Kaneohe Bay, surfing seems more like a way of life than a hobby to some people.

"It's kind of like being in the military," said Raymond. "The way surfers talk and act, it's like they have their own language. Some of the sayings I read in magazines and hear surfers say are all things I guess I'll figure out in time."

Raymond said that he has noticed that more experienced surfers don't seem to like it when inexperienced surfers go to the beaches where they are surfing. This is because surfers who are beginning do not always know the rules, like when and where not to paddle for a wave.

One of the basic rules is that when a surfer is closest to the inside of where the

wave is breaking, that surfer has the right to that wave. If another surfer cuts him off or "drops in on him," this is what surfers call being "snaked."

"Better surfers just give me these looks like I shouldn't be here," said Raymond. "I understand they feel we're going to get in their way or something, but I feel if I can fight for this country, I can surf where I want."

It is a known fact that the more experienced surfers are territorial and some are not comfortable when tourists or amateurs surf where they usually surf.

"When I was at Waikiki Beach, I guess I stole a wave from someone," said Raymond. "He seemed pretty agitated, and I thought he was going to say something to me,



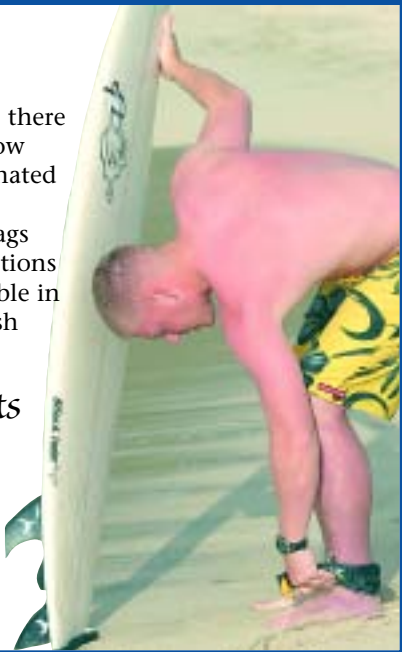
Lance Cpl. Aaron D. Banks, traffic management specialist, TMO, Headquarters Battalion, MCB Hawaii, Kaneohe Bay, waxes his surfboard before a daily surf session at North Beach.

#### Safety Tips

1. Never surf alone
2. Do not surf where there is a heavy undertow
3. Surf only in designated areas.
4. Heed condition flags
5. Surf only in conditions you feel comfortable in
6. Always wear a leash

#### Popular surf spots on Oahu

1. Pipeline
2. Waikiki Beach
3. Waimea Bay
4. Sunset Beach
5. Pyramid Rock



Lance Cpl. Aaron D. Banks, practices his newfound hobby by paddling for his first wave of the day at North Beach. Banks has been surfing for two weeks now and practices diligently every day.

but he ended up just moving further down the beach."

Along with being territorial, Banks said that he noticed that experienced surfers seem to have a very tight bond with each other. If one surfer needs something or is in trouble, the others will not hesitate to help.

"I've been surfing now for about three weeks, and I've got my own group of people I surf with now," said Pfc. Ethan Hoaldrige, combat correspondent, MARFORPAC, Camp Smith. "I can tell I'm getting better, but compared to the guys who have been doing this their whole lives, I've got a long way to go."

Surfing is also said to be one of the best ways to work out stress and take the surfer's mind off of everyday problems.

"After a long day at my shop, I don't want to think about work or anything remotely close to work," said Pfc. Drew Hendricks, combat correspondent, MARFORPAC, Camp Smith. "When I'm in the water, I'm so concerned with paddling and trying to keep my balance, my job is the last thing on my mind."

Lance Cpl. Aaron D. Banks, an Oklahoma native, trudges out of the water after a long day of surfing at North Beach.



# Art in the Park to inspire, thrill children

**Yibeli Galindo-Baird**  
MCCS Marketing

In celebration of the Month of the Military Child and Child Abuse Prevention Month, the Child Development Center and Mokapu Elementary School have put together a series of hands-on activities that will place a big smile on the face of any child. The taxes are done, the week is over and this weekend's Art in the Park at K-Bay is the perfect opportunity to show your kids just how much you appreciate them for making the most of the often-challenging military lifestyle.

Art in the Park will take place Saturday, from 9 to 11:30 a.m., at the CDC in Building 6111. This annual CDC celebration, that has proven to be a success in past years, and will give children a safe, supervised, but unrestricted opportunity to try out many different games that focus on

developing creative skills and an appreciation for the arts.

"This event is the perfect forum for parents to interact with their children in developmental activities," states Tebra Minor, CDC manager. "Being the Month of the Military Child, now is the opportune time to get even more involved in your child's development."

Among the many options available to children Saturday will be face painting, beanbag tossing, water tables, rainbow painting, and much more. Special guest Stevo the Clown will be entertaining the kids, showing off on his unicycle throughout the morning. In addition, the Marine Forces Pacific Band will delight the crowd with its musical repertoire.

Special thanks are extended to JN Chevrolet as well as Usborne Books, the latter of which will be setting up a Book Fair offering an ample selection of kids' favorite books.



Sgt. Alexis R. Mulero  
**Tatiana I. Mulero Sanchez dribbles a large ball at last year's Art in the Park, a Child Development Center event that returns Saturday, providing children with an opportunity to let loose while playing games and unleash their creative skills.**

"We invite anyone in the base community with a child to attend," said Minor, "Even up to ages 11 or more. Come ready to have fun!"

Mokapu Elementary School will also provide a wealth of entertainment for youngsters of all ages. Following the CDC event, head out to the Mokapu Elementary Spring Carnival and Craft Fair from 11 a.m. to 4 p.m. During this event, kids can participate in activities appropriate for various ages.

Those who have not yet mastered the fine art of walking will feel excited to take part in the Baby Crawling Contest. Registration will begin 11 a.m. with the actual contest beginning at 1 p.m. All entrants will receive a "sippy" cup for their interest and are guaranteed a deep nap later that afternoon for their efforts.

Older kids will enjoy the bouncy

See ART, B-7

## MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

### Possibilities in Paradise

**Kahuna's Bar & Grill**  
254-7660/7661

**Latin Night at Kahuna's** — Is it especially caliente in here tonight or is it the hot Latin beats of El Conjunto Tropical? Chances are, the already jumping Kahuna's is going to be even hotter with the rhythms of this popular group playing live from 10 p.m.

**Rocky Horror Picture Show** — Come to Kahuna's Recreation Center for an evening of absolute silliness, Saturday.

This annual tradition starts at 10 p.m. and runs through 12 a.m. Dress up as your favorite character and you could win a DVD player and a copy of the movie if your costume is judged the best.

Don't forget to bring your own props such as toilet paper, rubber gloves, small flashlights and bells. Other props will be provided on-site.

The event is free, but if you have questions on etiquette or you have never attended a showing before, call 254-7660 for more information.

**Staff NCO Club**  
254-5481

**Tax Day Lunch Buffet** — Celebrate the refund you'll be getting or stuff yourself with the money you have left after paying your taxes at the club's monthly lunch buffet today.

This month's theme is, aptly, Tax Day. And, if you haven't done your taxes when you come by for lunch,

from 11 a.m. to 1 p.m., we'll be sure to remind you.

**Bosses' Night** — This is perfect opportunity to enjoy the club's amenities in the company of senior Marines and peers.

The event kicks off Wednesday at 4:30 and continues through 6:30 p.m. Refreshments and 25-cent wings will be available.

### All Hands

**Operation Homecoming Writing Workshop** — The National Endowment for the Arts created the Operation Homecoming: Beyond Glory program for U.S. military personnel and their families to preserve the stories and reflections of American troops who have served on the frontlines of the Global War On Terrorism, overseas and within the U.S. homeland.

As part of the program, distinguished U.S. writers teach writing workshops at major U.S. military installations and contributing educational resources to help the troops and their families better share their personal stories.

The free workshop will take place Friday between 9 and 11 a.m. in the Staff NCO Club's Fairways Ballroom. Author Richard Currey will lead the workshop.

Registration forms must be turned in no later than Monday. Further information can be provided by MCCS Business Operation Food & Hospitality office at phone number 254-7641.

Operation Homecoming is made possible through the support of the Boeing Company.

**ITT Offers Free Tickets to "Beyond Glory"** — With Operation Homecoming, the National Endowment for the Arts is touring the one-man play "Beyond Glory," adapted and performed by Stephen Lang. Through "Beyond Glory" Lang brings to the stage the personal accounts of American military veterans who have been honored for their heroic deeds.

General admission tickets to this performance, at the Hawaii Theatre, Friday at 7 p.m., are currently available for free, in limited supply (only 250) exclusively at the K-Bay ITT office. For more information on ticket availability and restrictions, call ITT at 254-7563.

The tour of "Beyond Glory" is made possible through the support of the Boeing Company.

**Hawaii Food Bank Annual Drive** — In support of the 16th Annual Food Drive, Marine and Family Services, in conjunction with the Hawaii Food Bank, encourages you to bring canned and dry goods to the MCB Hawaii Commissary between 12 and 5 p.m., Saturday.

The donations will be distributed on base and throughout the islands, thereby supporting the mission of this statewide agency to fight hunger. Every little bit helps the hungry.

For more information, call 257-7774.



**Parenting Workshop** — Is parenting a little tougher than you thought it would be? This Tuesday's Child Development Center work-

shop is designed to help new parents learn the skills necessary for the proper formation of their children.

Class runs from 4:15 to 5:45 p.m., and will be held at the CDC Training Room in Building 6111.

To sign up, or for more details, call 257-1388.

**LINKS Class** — Lifestyle Insights, Networking, Knowledge and Skills is the perfect class for spouses new to the island or the military lifestyle.

LINKS provides basic information necessary to acquaint them with the unique aspects of the Marine Corps and Navy life. Class takes place Tuesday from 5:30 to 9 p.m. at the LINKS House, Building 3074.

For more information, call 257-2368.

**Personal Growth Training** — This 48-hour Chaplain's Religious Enrichment Development Operation retreat is an opportunity for individuals to pursue personal growth in a peaceful, quiet setting. Participants are encouraged to share thoughts, values, dreams, and feelings about their lives in an environment of unconditional love and confidentiality.

The retreat takes place at the Cabanas at Kaneohe Bay on Friday evening and ends on April 24.

Active duty personnel may request no cost temporary assigned duty orders in accordance with standard MILPERS instructions. Participation is voluntary.

For additional information about the retreat, or to make a reservation, call 257-1919.

**Ongoing**

**Discount at Fairways Sports Bar and Grill for Staff NCO Members** — The Staff NCO Club may be closed on Mondays and Tuesdays, but Fairways is now offering reduced pricing for Staff NCO members from 11 a.m. to 1 p.m. on those days.

Remember to show your valid membership card to activate your discount.

For more details, call 254-5481.

**Storage Lockers at Kaneohe Bay Reservations** — Locker reservations are being accepted for one of more than 250 units — now that the new reservation system has been installed.

Have your credit card information ready when calling to reserve a unit. For reservations and requirements, call The Lodge at 254-2806.

**ASYMCA Playmornings** — Military parents and kids can spend quality time together on a daily basis from 9:30 to 11 a.m. at one of our five different sites on base. There are games, crafts, songs and other entertaining activities. Parents can also receive information on positive parenting techniques. The program is free, requires no registration, and takes place at the following locations: Mondays at the ASYMCA in Building 1638, Tuesdays in Building 477 (old Teen Center), Wednesdays at the Super Playground, Thursdays at the Connor Loop Playground, Fridays at the Super Playground, and rainy days at the ASYMCA in Building 1638.

Call the Armed Services YMCA at 254-4719 for more information.

SM&SP

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna's Recreation Center. Get more details on activities at [mccshawaii.com](http://mccshawaii.com) under the "Semper Fitness" icon, or call 254-7593.

SM&SP Offers Maui Island Excursion: Vacation on the Valley Isle with the Single Marine & Sailor Program, Memorial Day Weekend, May 28 – 30. For only \$350, the first 12 unaccompanied active duty Marines and Sailors E-5 and below will receive airfare, shared accommodations and rental vans. Sign up now, because the registration deadline is May 16. To secure your seat, call 254-7593.

JOINT EDUCATION CENTER

JEC helps build academic skills

**Loretta Cornett-Huff**  
MCB Hawaii Command Education Center

The Military Academic Skills Program is a four-week program that emphasizes math and English skill development. Completing the program is the first step that a Marine can take if he or she would like to retake the Armed Forces Classification Test, or AFCT/ASVAB test. Retaking the AFCT/ASVAB is recommended for those who want to try to increase their scores so that they may qualify to re-enlist or to qualify for a specialized school, which could mean a change in their Military Occupational Skills.

There are a whole host of other reasons to consider the Military Academic Skills Program. Marines or their family members who want to go to college, but have some anxiety about enrolling in math or English courses, may want to first "get their feet wet" using MASP as a college preparatory or refresher course. The pro-

gram has proven to be a real self-confidence builder. If a Marine has a GT score of 99 or below and reads at or below the 10th grade reading level, he or she would not qualify for tuition assistance funding.

"The MASP is a great way to elevate one's GT score," said Donna Duellberg, Education Specialist at the JEC, "In the class you will find a unique combination of students, a mix of both command and also self-referrals."

Some students enroll in the class in order to increase personal and professional development. The MASP is not easy. To the contrary, it is an intense program. No duty or activities that could interfere with student participation or study should be scheduled. Students are required to take pre- and post-test to assess the worth of the program. MASP classes are offered every month; the next one begins April 25.

A tribute to the success of the Military Academic Skills Program is undeniably the dedi-

cation of the course's instructors, Barbara Guervil and Ellen Huntley. Barbara has been instructing math in the program for more than eight years and Ellen has been instructing English for almost two years. Together JEC's MASP facilitators have taught 300 plus students, most of whom have improved their reading levels by three to six grade levels and have increased their ASVAB scores by as many as 30 points. Feedback from students who have completed the course indicated that the course exceeded all of their expectations and that they were fortunate to have experienced, first hand, the dedication that Barbara and Ellen put forth.

For their efforts, Barbara and Ellen are nominees for the prestigious Windward Rotary Award for Outstanding Vocational Achievement.

If you are interested in taking the MASP, or are looking for information about the program, stop by the Joint Education Office, Building 220, or call 257-2158 and speak with a specialist.

## MOVIE TIME

**Prices:** Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Because of Winn-Dixie (PG)	Today at 7:15 p.m.
Constantine (R)	Today at 9:45 p.m.
Hitch (PG-13)	Saturday at 7:15 p.m.
Hotel Rwanda (PG-13)	Saturday at 9:45 p.m.
Because of Winn-Dixie (PG)	Sunday at 2 p.m.
Son of the Mask (PG)	Sunday at 6:30 p.m.
Cursed (PG-13)	Wednesday at 6:30 p.m.
Man of the House (PG-13)	Friday at 7:15 p.m.
Hitch (PG-13)	Friday at 9:45 p.m.

# DEFY camp mentors reach out to children

Drug program still needs volunteers to help with mentoring

**Pfc. Roger L. Nelson**  
*Combat Correspondent*

Kaneohe Bay’s Drug Education For Youth camp’s summer leadership camp is scheduled to kickoff aboard Marine Corps Base Hawaii, Kaneohe Bay, July 19.

The DEFY camp, a Navy-founded program, started in 1996 to give children a place to go where they do not have to feel pressured into doing things that could get them into trouble. The camp is paid for by the Department of the Navy and is sponsored by the K-Bay Provost Marshals office.

“The children in the camp get backpacks, shirts and water bottles that are all paid for by the Department of the Navy,” said Daryl Picadura, DEFY program coordinator. “It’s totally free for

both the children and the mentors in the camp.”

The program consists of eight days of instruction and activities. In the morning DEFY mentors meet with the children and give instructions on what will be happening for the day. After instructions DEFY conducts daily activities.

“We do a lot of different activities in the camp,” said Picadura. “We go on quite a few field trips like going out on the glass-bottom boat, going to the movies and going to the pool.”

Because the children are expected to stay in shape, like their mentors, the children are kept physically active.

“The kids do a lot of different physical activities like soccer, volleyball, and even aerobics,” said Sgt. Barbara J. Lee, supply chief, Provost Marshals Office and DEFY volunteer. “Kids in the program also do a miniature Personal Fitness Test. They have to run one mile, do sit-ups and pull-ups, just like the mentors do.”

The camp also focuses on helping the children work on different skills they may need so they don’t fall victim to peer pressure.

“We focus mainly on team-building and leadership skills,” said Lee. “The mentors try to build confidence through what the children see in us.”

Twelve mentors are needed for each camp, and there are 45 spots available for the children.

“As of right now, we only have three mentors and we need twelve,” said Picadura. “Getting children isn’t difficult. Getting enough mentors is always a problem.”

To be a mentor in DEFY, you have to be at least 18 if you’re in the military, and 21 if you are a civilian.

“The first thing that happens after you sign up is we do a background check,” said Picadura. “Mentors then do three days of training at PMO.”

Applications for children as well as those interested in becoming mentors can be found at the Military Police Department, Building 1095 and Physical Security and Crime Prevention office.

For more information about DEFY, contact Daryl K. Picadura at 252-8552.



Sgt. Marco Franko, (left) physical security inspector for PMO and last year’s DEFY camp director, instructs DEFY campers through the TP Shuffle, where the children worked in unison to reshuffle themselves in order of age, without falling off the log.

## Mentors sought to assist youth group

**Cpl. Megan L. Stiner**  
*Press Chief*

Breakthroughs for Youth at Risk is a program designed to provide adolescents with a more positive outlook on life by educating intermediate school-age students about the negative affects of influences such as drugs, alcohol and peer pressure.

“We focus on giving the students an alternate perspective concerning the unconstructive influences that they may come in contact with,” said Sharon Lester-Biggs, program chair, Breakthroughs for Youth at Risk, Kailua Intermediate Program.

The program encompasses 40 Kailua Intermediate youths who will attend the Personal Development Course. The program involves an intense, seven-day course, which covers the basic concepts and mindset they hope the adolescents will achieve. Then for eight months thereafter, they will meet on a weekly basis with mentors who will follow up the child’s progress, comparing with what they learned and how it is affecting them.

The program is asking members of the community to volunteer their time to help out with the worthwhile course by becoming a mentor for the eight-month follow up sessions. Those interested in volunteering to mentor these children will go through a three-session training program on April 22 – 24 at the Mokapu Elementary School Library.

“It is a good opportunity for parents,” said Lester-Biggs. “It gives them a chance to learn about the pressures that their children may be going through. It also provides them with a chance to help children reach their full potential in life, which is very rewarding.”

For more information on the program or to volunteer call Sharon Lester-Biggs at 779-7294 or Joan Villanueva at 372-4115.

### Military Appreciation Month Schedule of Events

The theme for the 20th Hawaii Military Appreciation Month is “Welcoming home our returning heroes, Honoring our fallen sons and daughters, praying for the safe return of those that remain in harm’s way.”

**May 1**  
**What:** “Salute To The Troops” — Bishop Museum  
The museum will host games, entertainment, food booths and displays.  
**Hosted By:** Bishop Museum  
**Time:** 10 a.m. – 5 p.m.  
**Cost:** Open to the public, \$3 admission, free for military.

**May 7**  
**What:** 9th Annual Twilight Tattoo — Fort DeRussy  
Traditional day-ending concert by the Army’s Tropic Lightning Band, Pacific Fleet Band, Air Force Band of the Pacific, Marine Corps Band of the Pacific, and Hawaii’s 111th Army National Guard Band.  
**Hosted by:** Commanding General, 25th Infantry Division  
**Time:** 4 p.m.  
**Cost:** Free and open to the public.

See HMAM, B-4

# Club membership yields bevy of benefits

**Press Release**

*Marine Corps Community Services*

Marine Corps Community Services clubs will be holding a membership drive on June 24 with the goal of increasing club membership by 15 percent. Proving that membership pays, Marine Corps club members will have a chance to win a \$500 credit on their membership account during the membership drive. All club members are automatically entered and four winners per installation will be drawn at random.

Throughout Marine Corps history, clubs have supported the proud traditions and heritage of the Marine way of life. In an effort to provide continued support, clubs offer low monthly dues with members enjoying exclusive benefits and member's only functions. Great club locations help members enjoy camaraderie while they socialize with fellow Marines. Other benefits of the Marine Corps Club Membership Platinum MasterCard include no annual fees, the "Blue Star Benefits" Program — which provides rebates on all interest on purchases and fees during a deployment in a military campaign — emergency cash and

card replacement, purchase assurance, and 24/7 customer-service support.

The Military Free Cash Rewards program, which was launched last year, rewards club members with cash or gift cards for using the card for making purchases with their club card. Two points are earned for every dollar applied to the card purchase, made at qualified club and military exchange merchant locations on Marine Corps and Air Force installations. Gas and concessionaire purchase as well as off-base purchases earn one point for every dollar applied to the card.

"This is just one more way for us to say, 'Thank you,' to our members," said Carol Garland, head of Food and Hospitality Branch, Headquarters Marine Corps. "If you are not already a club member, join now so that you can take advantage of the many benefits of club membership as well as the chance to win \$500. Go ahead, don't put it off another day."

For more information, contact Nancy Pasternack at (703) 784-3894. MCCS club member applications are available at all clubs as well as on the membership Web site [www.onecorpsclubs.com](http://www.onecorpsclubs.com).



Local membership promotions increase winning odds

**Press Release**

*Marine Corps Community Services*

Join The Officers' Club at Kaneohe Bay before the end of April and receive movie passes for you and your family to watch any of the great Hollywood hits now showing at our very own K-Bay Theater. (This offer applies to new members only.)

In addition, when you sign up to receive your Chase membership card at either The Officers' Club or the Staff NCO Club, both at Kaneohe Bay, you are automatically entered in our local drawing to win an iPod mini, the latest in portable music at your fingertips.

For more details, call The Officers' Club at 254-7650 or the Staff NCO Club at 254-5481. Only those who sign up by June 20 will be eligible for the iPod drawing on June 24.

“

quotable

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Few things help an individual more than to place responsibility upon him and let him know that you trust him.

— Booker T. Washington

**HMAM, From B-3**

**May 14**  
**What:** *Combined Military Band Concert — Hawaii Theatre*  
Hawaii's top military musicians perform in a rare concert featuring Broadway musicals, marches, classics, and pops.  
**Hosted by:** AT&T and the Hawaii Chamber of Commerce  
**Time:** 7 p.m.  
**Cost:** Free and open to the public.

**May 18**  
**What:** *Annual Military Recognition Luncheon held at the Hilton Hawaiian Village Hotel*  
This is an opportunity to welcome home our returning heroes and recognize military community service awardees.  
**Hosted by:** Alexander and Baldwin, Inc., First Hawaiian Bank and the Hawaii COC  
**Time:** Noon – 1:30 p.m.  
**Cost:** Luncheon tickets open to public.

For information on sponsoring or participating, call Brenda at 545-4300 ext. 317.

**Here's A Sobering Thought**

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking.

Play it safe. Don't start drinking until you've finished riding.

**MSF**  
MOTORCYCLE  
SAFETY FOUNDATION®

(800) 446-9227  
[www.msf-usa.org](http://www.msf-usa.org)

—ON THE MENU—

AT ANDERSON HALL

**Today**  
*Lunch*  
Pepper Steak  
Southern Fried Catfish  
Rice Pilaf  
Potatoes Au Gratin  
Glazed Carrots  
Simmer Black-Eyed Peas  
Brown Gravy  
Sugar Cookies  
Fruit Pies

*Brunch/Dinner*  
Roast Turkey  
Beef Pot Pie  
Mashed Potatoes  
Buttered Egg Noodles  
Calico Corn  
Simmer Broccoli  
Turkey Gravy  
Sugar Cookies  
Fruit Pies

**Saturday**  
*Brunch/Dinner*  
Baked Lasagna  
Chicken Parmesan  
Spaghetti Noodles  
Marinara Sauce  
Italian Mixed Vegetables  
Simmered Peas and Carrots  
Pizza Sliced  
Garlic Bread  
Marble Cake w/Icing  
Fruit Pies

**Sunday**  
*Brunch/Dinner*  
Barbecue Beef Cubes  
Baked Turkey and Noodles  
Steamed Rice  
Simmered Cabbage  
Tomato Gravy  
Ginger Molasses Cookies  
Spice Cake  
w/Butter Cream Frosting

**Monday**  
*Lunch*  
Meat Loaf  
Pork Ham Roast  
Steamed Rice  
Mashed Potatoes  
Simmered Peas  
French Fried Cauliflower  
Brown Gravy  
Chocolate Chip Cookies  
Fruit Pies

*Dinner*  
Beef Brogul  
Fresh Baked Cajun Fish  
Mashed Potatoes  
Rice Pilaf  
Club Spinach  
Mixed Vegetables  
Brown Gravy  
Chocolate Chip Cookies  
Fruit Pies

**Tuesday**  
*Lunch*  
Simmered Corned Beef  
w/Mustard Sauce  
Honey Glazed Cornish Hens  
Parsley Buttered Potatoes  
Egg Noodles  
Fried Cabbage  
Peanut Butter Cake  
w/Peanut Butter Frosting  
Fruit Pies

*Dinner*  
Turkey Pot Pie  
Sweet & Sour Pork  
Steamed Rice  
Jefferson Noodles  
Simmered Pinto Beans  
Peanut Butter Cake  
w/Peanut Butter Frosting  
Fruit Pies

*Specialty Bar*  
Taco Bar

**Wednesday**  
*Lunch*  
Pork Adobo  
Beef Yakisoba  
Pork Fried Rice  
Vegetable Stir Fry  
Oatmeal Cookies  
Strawberry Shortcake  
Fruit Pies

*Dinner*  
Steak Smothered w/Onions  
Southern Fried Catfish  
Mashed Potatoes  
Baked Macaroni and Cheese  
Oatmeal Cookies  
Strawberry Shortcake  
Fruit Pies

*Specialty Bar*  
Country Bar

**Thursday**  
*Lunch*  
Turkey À La King  
Beef Porcupines  
Mashed Potatoes  
Boiled Egg Noodles  
French Fried Okra  
Marble Cake w/Frosting  
Pineapple Upside-Down  
Cake  
Fruit Pies

*Dinner*  
Braised Liver w/Onions  
El Rancho Stew  
Honey Ginger Chicken  
Rice Pilaf  
Boiled Egg Noodles  
Marble Cake w/Frosting  
Pineapple Upside-Down  
Cake  
Fruit Pies

*Specialty Bar*  
Taco Bar

April illuminates

nature of autism

Autism Awareness Month

brings understanding of

neurological disorder

**Lance Cpl. Sha'ahn Williams**

*MCB Quantico*

**MARINE CORPS BASE QUANTICO, Va.** — According to the Autism Society of America, autism is a complex developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects the functioning of the brain, autism impacts an individual in the areas of social interaction and communication. Children and adults with autism typically have trouble with verbal and nonverbal communication and leisure or play activities.

Because the nature of autism is widely misunderstood, dedicating a month to education and awareness about it is helpful to those living with autism and their friends and family members.

“Segregating a certain amount of time will draw attention to autism, and we can be more successful with helping people be proactive,” said Vanessa Collier, acting director of communications for the Autism Society of America.

“For most of us, the integration of our senses helps us to understand what we are experiencing. For example, our senses of touch, smell and taste work together in the experience of eating a ripe peach; the feel of the peach fuzz as we pick it up, its sweet smell as we bring it to our mouth, and the juices running down our face as we take a bite,” Collier explained.

“For children with autism, sensory integra-

tion problems are common. Their senses may be over- or underactive. The fuzz on the peach may actually be experienced as painful; the smell may make the child gag. Some children with autism are particularly sensitive to sound, finding even the most ordinary daily noises painful. Many professionals feel that some of the typical autism behaviors are actually a result of sensory integration difficulties,” she said.

“If people can learn more about the symptoms of autism, it can be detected earlier,” Collier explained, “... and the earlier the better.”

Autism is one of five disorders that fall under the umbrella of Pervasive Developmental Disorders, a category of neurological disorders caused by severe and pervasive impairment in several areas of development.

The five disorders are Autistic Disorder, Asperger’s Disorder, Childhood Disintegrative Disorder, Rett’s Disorder and PDD-Otherwise Not Specified.

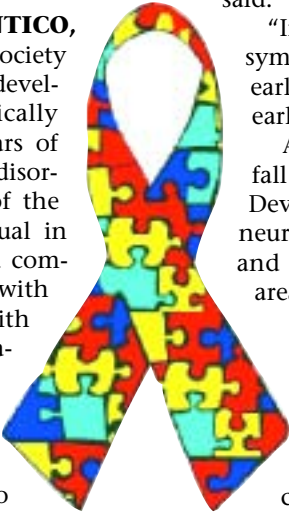
Each of these disorders has specific diagnostic criteria as outlined by the American Psychiatric Association.

“The most common of the PDD cases is autism, which affects an estimated one in one hundred twenty-three people,” said Suzanne Hill, Exceptional Family Member Program coordinator here.

More than 1.5 million Americans today are believed to have some form of autism.

According to statistics from the U.S. Department of Education, autism is growing at a rate of 10 to 17 percent a year. It knows no racial, ethnic, lifestyle or social boundaries, though autism is more prevalent in males, said

See *AUTISM*, B-8



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# WORD TO PASS

## Saab “March Madness Basketball Shootout” Scheduled at Honolulu Club

The second annual Saab Basketball Shootout will be held Saturday, 10 a.m. at Honolulu Club, 932 Ward Avenue, and is open to the public.

Saab will be distributing healthy snacks to participants during the event, which includes competition for free-throw, three-point, climb-the-ladder, half-court and hot-shot. Prizes will be awarded in all categories.

Registration is \$5 per person. To sign-up or for more information contact Honolulu Club Program Manager Scott Kato at 543-3900.

## 13th Annual “I Love Kailua” Town Party Set

The 13th annual “I Love Kailua Town Party” will be held Sunday on Kailua Road from 11 a.m. to 4 p.m. This year’s event will include “A Taste of Kailua,” featuring a wide selection of food from local Kailua restaurants, plus live entertainment; handmade crafts; live plants, orchids and native Hawaiian plants sale; keiki activities by Kamaaina Kids; an art walk; community information booths and free health screenings from Castle Medical Center.

Puamana, Coconut Joe, JP Smoketrain and Friends, Pattye’s Hula Studio and Oomooemoo will provide entertainment.

The road closure for the event will take place on Kailua Road fronting Macy’s, Longs and Kailua Shopping Center. Traffic will be diverted from 9 a.m. to 5 p.m. The event will close Kailua Road, all traffic lanes and sidewalk areas, from Hahani Street to Kuulei Road. For information on the bus schedule, call 848-5555. Residents attending are strongly encouraged to walk or bicycle to the event.

The 2005 Kailua Town Party is a fund-raiser presented by the volunteers of the nonprofit Lani-Kailua Outdoor Circle. It is priced at \$3 per person in advance and \$4 at the event; children 12 and under are free.

## UHM Sets Audition for BFA Candidates

An audition for the Bachelor of Fine Arts degree program in Dance at the University of Hawaii at Manoa will be held Tuesday at 5:30 p.m. at the Temporary Dance Building, located on lower UHM campus.

UHM dance faculty will lead participants in a ballet barre, modern dance combinations, and a group improvisation as well as provide information about the undergraduate dance degree programs.

For more information, call 956-3264

## HPU Presents Intercultural Day

Hawaii Pacific University will celebrate its 21st annual Intercultural Day, Friday, from 10 .m. to 4 p.m. at Fort Street Mall. The event is free and open to the public.

Established in 1984, Intercultural Day has evolved into one of the largest intercultural activities in Hawaii. The event spotlights the HPU students’ diversity through cultural exhibits, a parade, and lively stage performances of traditional dance and



Photo Courtesy of Nicole Tessier

From left, Ryan Burbank, Justin Young and Frank Episale star in “Arabian Night.”

music from around the world. This year, HPU has partnered with the downtown Business Improvement District to provide ethnic foods.

For more information, call Jessica Silverman, university relations specialist, at 544-0879.

## “Arabian Night” Premieres in Hawaii

Written by German playwright Roland Schimmelpfennig, “Arabian Night” is a haunting drama of heat-induced desire where fantasy and reality mingle. “Arabian Night” begins in an apartment building on a hot summer night, as the building’s tenants and landlord struggle with a leaky pipe, a non-functional elevator and other everyday occurrences. But as the summer heat grows more and more intense, the neighbors find the line between reality and delirium beginning to blur. Mundane events blossom into surreal and erotic adventures, characters’ lives collide, unleashing the imagination.

“Arabian Night,” presented by UHM Department of Theatre and Dance, will premiere at Earle Ernst Lab Theatre at Kennedy Theatre on April 23, 29, and 30 at 11 p.m., and at 8 p.m. on April 24. Ticket Prices: \$8 regular, \$7 non-UHM students, seniors, military,

UH faculty/staff, \$3 UHM students with validated spring 2005 UHM student ID. For ticket information call 956-7655 (voice/text). Tickets on sale at the door one hour before performance.

## Partners Encouraged to Share Yoga

Share simple yoga, breath and relaxation with your partner and breathe a breath of fresh air into your relationship. Come enjoy an afternoon together that supports your individual and mutual sense of well-being, April 30, from 2 to 4 p.m. Dress comfortably; bring a mat or beach towel.

The class is \$15 per person. Pre-register by calling 232-8327.

## PMI Offers Project Management Workshops

Project Management Institute Honolulu Chapter’s Professional Development Day will be held on May 3 at the Ala Moana Hotel.

The program will feature practical workshops including: Manage People Individually and as a Project Team, How to Increase Effectiveness Utilizing a Practical Approach, The Journey from Idea to Project, Understanding and Defining Cultural Differences, and Continuous Improvement Concepts and Tools to Improve Projects.

To register or for more information, send an e-mail to pddhi@pmi-honoluluchapter.org or log on to www.pmi-honoluluchapter.org/.

## Na Leo Celebrates Mother’s Day with Concert at Sheraton Waikiki

Na Leo, the Na Hoku Hanohano award-winning trio made up of three of Hawaii’s most adored musical moms, invite families to join them for a Mother’s Day celebration on May 8, at the Sheraton Waikiki Hawaii ballroom from 9 to 12 p.m.

Family women first, these three women are doing more than just nurturing ears with their timeless, signature music.

“Being mother’s ourselves, we planned a show that would honor the traditions of past Sheraton Mother’s Days, with songs written to

specifically honor mom like “You Don’t Remember,” said Nalani Choy, one-third of the dynamic trio and mother of three. “The best gift a mother can get, is simply sharing the good times together, enjoying the family, and being treated to a wonderful morning of food, music and fun, and that’s what we try to do in our show.”

## Marines Recommended to Take Promotion Photos Early

Marines who need to have Combat Camera (formerly CVIC) take their promotion photograph are encouraged to go to the Combat Camera studio on Mondays, Wednesdays or Fridays between 7:30 and 11 a.m.

Photographs will be taken on a walk-in basis, only. Changing rooms are available.

Marines who are eligible for gunnery sergeant are encouraged to have their photographs taken as soon as possible to ensure that their photographs are submitted to Personal Management Support Branch and are placed into their official military personnel file in a timely manner.

Prior to having their photographs taken, it is recommended that Marines be screened by their commands to ensure that he or she meets the Marine Corps height and weight standards. Marines not meeting standards must present a letter from their commanding officer, executive officer or sergeant major before Combat Camera will take their photograph.

In accordance with MARADMIN 463/01, photos will not be printed or e-mailed in order to avoid duplicate copies sent to MMSB.

Photographs will be uploaded to the MMSB Web site in the presence of each Marine photographed. Marines can verify receipt of their photograph at MMSB by logging on to www.mmsb.usmc.mil or contacting MMSB-20 at DSN: 278-4607/3974/5671 or commercial: (703) 784-4607/3974/5671.

MMSB is responsible for placing photographs into official military personnel files, not Combat Camera. Therefore, Marines are encouraged to check his or her file before the Gunnery Sergeant Selection Board convenes.

# BIKES BELONG.

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Sgt. Alexis R. Mulero  
Matthew Kazmierczak, explores his engineering talents by building a skyscraper out of Legos during last year’s Art in the Park.

ART, From B-2

houses, the laser maze and the 18-foot slide. Pony rides and a petting zoo will be appealing to those looking for a more tame activity. Adults will also be able to make the most of this event as craft fair vendors will be on hand ready to offer gift ideas for Mother’s Day and the upcoming graduation season.

Don’t forget to buy your tickets for the various raffles. You could win a 20-inch, flat-screen TV/DVD/VCR combo unit, a Jimmy Buffet Concert Package, a Rainy Day Games package and other family-oriented prizes. Tickets are only \$1 each. Of course, no fair would be complete without good food, cotton candy or snow cones, so Mokapu made sure to stock up so no one would miss out.

Second Vice President of the Mokapu Elementary School Parent Teacher Association, Gloria Gonzales, is excited to be one of the organizers of this year’s event and sees it as another occasion to unify kids and parents.

“We’ve all gone through some tough times lately, so this is a great opportunity to bring the community together as well,” Ganzales said.

Gonzales, who has been working diligently with the rest of the PTA to make the community aware of this event for several months, said the carnival is one way to get away from the usual day-to-day activities and take part in some good old-fashioned fun.

For more information on the CDC event, call 257-1388. For details on the Mokapu Carnival, call 254-7964.

# Empower your children to protect themselves

**Jenny Sokol**  
*LIFELines.navy.mil/LIFELines.usmc.mil*

“Don’t talk to strangers.” It’s the advice we grew up with and the advice we give our children. Unfortunately, that advice just doesn’t cut it today. Our children face danger not only on the streets but on the Internet, in shopping malls, and practically everywhere they go. Children of service members face a few additional challenges. As parents, we must empower our children with tools to protect themselves.

**What is a stranger?**

Start by explaining that a stranger is not always a creepy man lurking in the shadows — they’re often young and friendly. Tell them that strangers use tricks to lure children into dangerous situations. They may ask for help loading groceries into a car or searching for a lost puppy or kitten. Explain that grown-ups and teens typically don’t ask children for help, or offer toys or candy.

A stranger may try to coax a child into a vehicle by saying that the child’s parent is sick or in the hospital. Tell your child that you will never send a stranger to get them. Agree on a code word that the driver must know. If he asks for hints or doesn’t know the code word, the child should run and tell an adult.

Teach your child to observe his or her surroundings and to inform you if a stranger speaks to him. Make a game of teaching your child how to look at a random person in a crowd, then turn to you and describe the person without peeking: height, build, hair color, facial hair, skin color, jewelry, tattoos, and clothing, as well as how they move. Do the same with cars and trucks.

**Prevention**

**Safety 101.** First, if lost in public, he should immediately inform a uniformed person, a cashier, or a mother with children. Help him remember his full name, address, and phone number by creating a rhyming song. Teach him how to use a pay phone, make a collect call and dial 911.

**Buddy up.** If your child walks to school, find a buddy or two for him to walk with. Check the route, and make sure he doesn’t deviate from it (for example, no shortcuts through wooded areas or alleys). Teach him to use the buddy system at playgrounds as well. Locate safe houses in your neighborhood where he can go if he is ever in trouble or being followed.

**No secrets.** Help your child define personal boundaries. Tell him that no one should ever touch his private areas (except a doctor or nurse, and you’ll be there to supervise), and no one should ask him to keep secrets from his parents. He should trust his instincts and inform you if he feels uncomfortable with someone.

**Don’t offer information.** Teach your child never to reveal that one of her parents is deployed. Also, tell her not to reveal her name, address, or your rank over the phone or to strangers. This is especially important when living overseas.

**The art of escape.** If you are attacked, the first rule is to never go willingly. Statistics indicate that it is extremely difficult to survive a kidnapping after being transported to a second location. Kidnappers are not interested in a screaming, kicking child. Tell them to pull the strangers hair, poke his eyes, pull forward hard on his ear, kick his groin, and run. Also, tell them to scream, “This is not my

Mommy!” or “This is not my Daddy!”


**Awareness, not fear.** This is a terrifying subject for adults and children alike. To alleviate fear, explain that there are bad people in the world, and that we must accept this sad fact of life. Tell her that her risk of being attacked is greatly reduced by being aware of strangers and using the buddy system.

**Internet safety.** Although the Internet is a wonderful tool, it also poses a significant threat to children, especially chat rooms. Check out the Navy Criminal Investigative Services SafeKids program at [www.ncis.navy.mil/info/safekids.cfm](http://www.ncis.navy.mil/info/safekids.cfm), as well the Center for Missing and Exploited Children at [www.ncmec.org/](http://www.ncmec.org/). SafeKids offers a free download of “Protecting Your Children in Cyberspace,” a program that scans your hard disk for images and displays them so you can judge their appropriateness. Also check out Net Nanny at [www.netnanny.com](http://www.netnanny.com), a reasonably priced program that filters harmful Web sites, monitors online activity, and more.

**Base resources.** Your base police provide programs for adults and children. They can create identification and fingerprinting packages for children or tailor a presentation to your needs. Call and ask if your base police or safety office will present McGruff to your neighborhood or group. These services are available for both military and nearby civilian communities.

**Get involved.** Join or establish a Neighborhood Watch program. Keep a current photo of your child, and tell the school to inform you if your child doesn’t arrive at school. Check out tips for parents and kids at [Parenthood.com](http://Parenthood.com). Whatever you do, don’t avoid the subject of stranger danger.

# Park It




# If You Pour.

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking.

Play it safe. Don’t start drinking until you’ve finished riding.

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AUTISM, From B-5

Collier.

Although millions of Americans have autism, ignorance of its symptoms can sometimes cause problems for those who have the disorder. Autism is not a mental illness.

“Children with this disorder are not undisciplined kids,” said Hill. “And it isn’t caused by bad parenting.

“One time a man was shot in Tennessee because it seemed like he was resisting arrest, but he just was unable to communicate with police,” Hill said. “He

tried to run and after warning him to stop, the police shot and killed him.

“It’s good to get the word out to people about autism so tragic events like that can be avoided,” Hill said.

The symptoms and characteristics of autism can present themselves in a wide variety of combinations, from mild to severe. Although autism is defined by a certain set of behaviors, children and adults can exhibit any combination of the behaviors in any degree of severity.

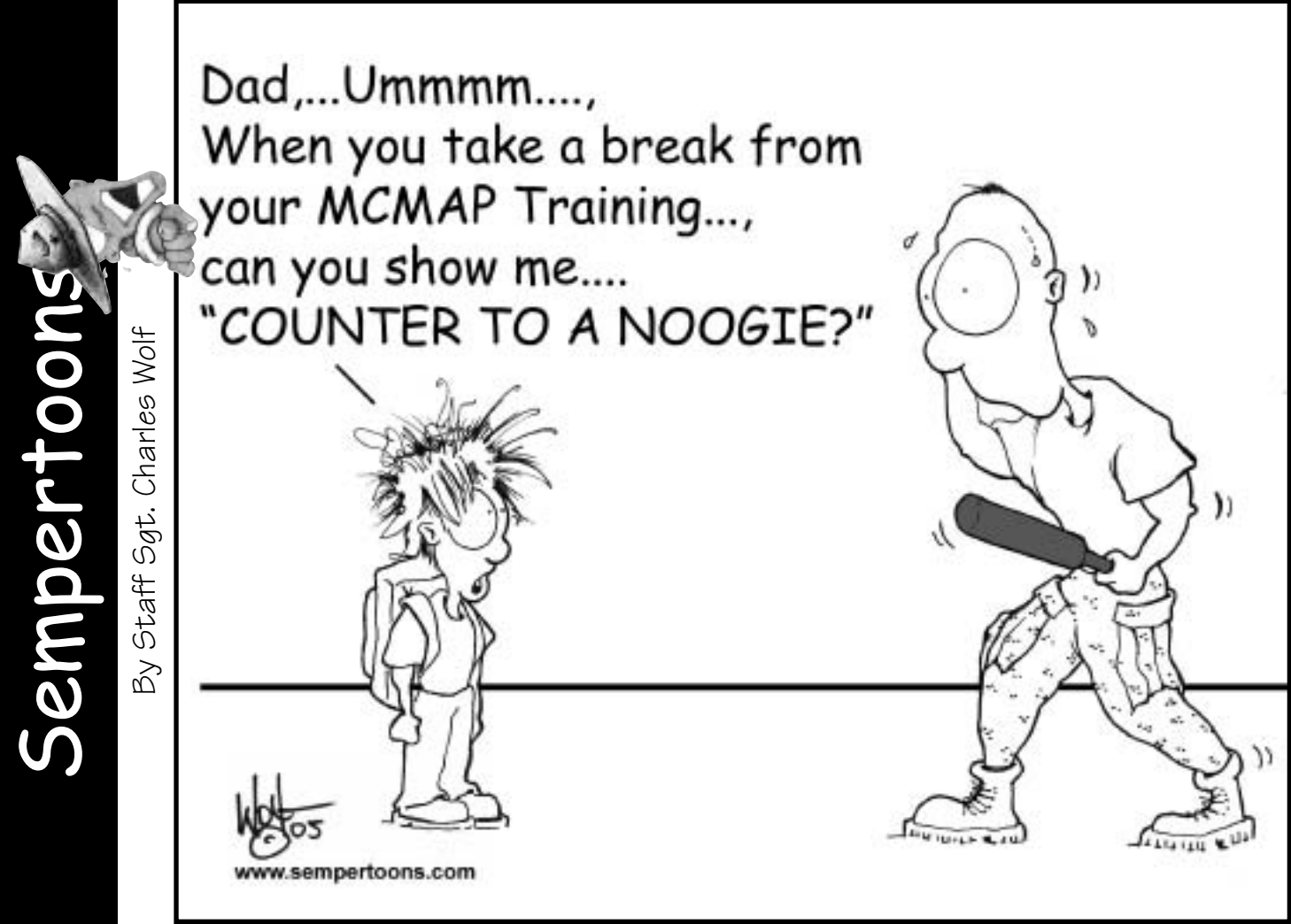
Two children, both with the same diagnosis, can act very differently from one another and have varying skills.

Some individuals mildly affected may exhibit only slight delays in language and greater challenges with social interactions.

Whatever the diagnosis, children with autism can learn and function productively and show gains with appropriate education and treatment.

The causes of autism are unknown, but it is generally accepted that it is caused by abnormalities in brain structure or function.

For more information about autism, visit the Autism Society of America’s Web site at [www.autism-society.org](http://www.autism-society.org).



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**'01 Dodge 1500 pickup,** Laramie package, 15k miles, power windows, CD, bed liner, fiberglass Tonneau cover, maintenance records. Vehicle has only had one owner, was hardly driven, is maxed out and in excellent condition. Asking \$20,000. Call 216-4997 before 8 p.m.

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**'02 Suzuki RM250,** new top end, Renthal bars and sprockets; Pro Circuit exhaust. Asking \$4,400 OBO. Call Don Black at (928) 580-9677.

**'03 Kawasaki KX250,** new top end, tires, plastic; FMF exhaust, suspension. Asking \$4,600 OBO. Call Don Black at (928) 580-9677.

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To renew an ad or for more information, call 257-8837.